



MARYLAND
WOMEN,
INFANTS &
CHILDREN
PROGRAM

*Better
nutrition
for
a brighter
future*



WIC

AUTHORIZED FOODS LIST

OCTOBER 2012

*Bring this list when you shop
for WIC foods!*

WIC Foods

To have a healthy baby, you need to eat right. The way you eat can affect how well your baby grows. A child needs the right foods to grow strong and be ready to learn.

WIC foods are packed with nutrients like:

- Protein to build muscles and organs
- Calcium and vitamin D for strong bones
- Iron for healthy blood
- Vitamins to help the body work



WIC foods are also low in sugar and fat.

WIC foods are for you or your child only.

They help you get what you need to stay healthy.

You'll still need to buy other foods. WIC foods are meant to add to what you already eat.

When money is tight, it's hard to eat the way you should. WIC staff can give you tips to get the most food value for the money. You can also get ideas for quick and low cost meals and snacks.



WIC Fraud Prevention Is Everyone's Responsibility!

By following these rules, you help the Maryland WIC Program help you and others.

- ✗ Do not sell or give away your WIC Foods.
- ✗ Do not sell or give away your WIC checks.
- ✗ Do not buy or attempt to buy food items that are not WIC allowed.
- ✗ Do not return your WIC foods to the store for a refund or store credit.
- ✓ Report stores or other WIC participants that you know are not following the rules to your Local WIC Agency.

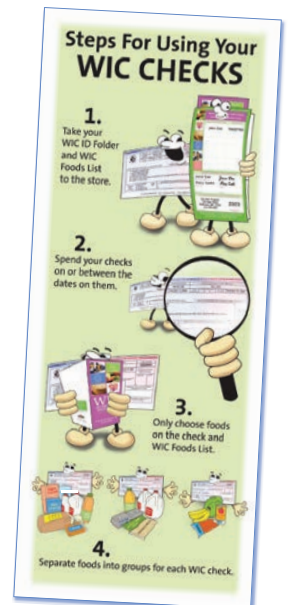
How to shop for WIC foods

WIC gives you checks to buy your WIC foods. Here are the steps you must follow:

1. Shop at a WIC approved store. Look for the green **WIC Accepted Here** sign.
2. Decide what checks to spend. Look at the dates. You can only spend a check on or between the **First and Last Dates to Spend**.
3. Take your checks, WIC ID Folder, and Authorized Foods List to the store.
4. Buy only the foods shown on the checks and WIC Authorized Foods List.
5. Use a checkout lane with a cashier. **DO NOT** use a cash-only express or self-checkout lane.
6. Separate foods into groups for each check. Keep non-WIC items separate.
7. Give the cashier your WIC ID Folder and each check you are spending.
8. Let the cashier ring up the foods, one check at a time.
9. Sign each check **AFTER** the cashier enters the total price. Be sure the price is correct.
10. Get all WIC sales receipts and your ID Folder from the cashier.



Your "Steps for Using Your WIC Checks" leaflet is a handy guide for showing these steps!



Milk

BUY:

- ✓ Store brand if available
- ✓ Container size shown on check
- ✓ 1% (low fat) or fat-free (nonfat) if woman or child 2 years and older
- ✓ Whole milk if child less than 2 years



BUY IF PRINTED ON CHECK:

- ✓ Lactose-reduced or lactose-free
- ✓ Powdered (dry, whole or nonfat)
- ✓ Evaporated (whole or nonfat)
- ✓ UHT (Ultra High Temperature)
- ✓ Kosher

DO NOT BUY:

- ✗ 2% milk or buttermilk
- ✗ Chocolate or other flavor
- ✗ Organic, rice, or goat milk
- ✗ Sweetened condensed

Cheese

BUY:

- ✓ Store brand if available
- ✓ 16 ounce size only
- ✓ Blocked or sliced
- ✓ American, Cheddar, Monterey Jack, Mozzarella, or Swiss
- ✓ Low fat, reduced fat, and low sodium OK



DO NOT BUY:

- ✗ Organic or imported
- ✗ Deli, string, or individually wrapped
- ✗ Cheese food, spread, or product
- ✗ Cream cheese
- ✗ Shredded, crumbled, or cubed
- ✗ With flavors, nuts, peppers, or crackers

Eggs

BUY:

- ✓ Store brand if available
- ✓ White, medium or large
- ✓ One dozen only



DO NOT BUY:

- ✗ Organic, brown, fertile, or cage free
- ✗ Low fat or cholesterol free, omega-3, pasteurized, or other specialty eggs

Beans, Peas, Lentils

BUY:

- ✓ Store brand if available
- ✓ Beans like kidney, pinto, black, navy, garbanzo, or lima
- ✓ Split peas, blackeye peas, or lentils
- ✓ Dry, 16 ounce bag
- ✓ Canned, water pack, 14 to 16 ounce can



DO NOT BUY:

- ✗ Organic
- ✗ Green or wax beans, sweet peas*
- ✗ Soup, soup mixes, or with flavor packets
- ✗ Beans with sauce, meat, fat, or oil

*BUY with your WIC Fruit & Vegetable Check

Peanut Butter

BUY:

- ✓ Store brand if available
- ✓ 16 to 18 ounce jar
- ✓ Plain, smooth, crunchy, extra crunchy, creamy, or honey roasted
- ✓ Low sodium and/or low sugar OK



DO NOT BUY:

- ✗ Organic, natural, or reduced fat
- ✗ Mixed with marshmallow, jelly, jam, honey, or chocolate
- ✗ Fresh-ground
- ✗ Peanut butter spreads

Canned Fish

BUY IF PRINTED ON CHECK:

- ✓ Store brand if available
- ✓ Chunk light tuna, water pack, 5 to 6 ounce can
- ✓ Pink salmon, water pack, 5 to 7.5 ounce can
- ✓ Sardines, water pack, 3.75 ounce can



DO NOT BUY:

- ✗ Albacore or white tuna
- ✗ Red salmon
- ✗ Fish with added flavor or sauce
- ✗ Organic, low sodium, or gourmet
- ✗ Pouch, bowl, or kit

Cereal — You can combine different cereals

BUY:

- ✓ Brands and types shown here only
- ✓ 18 ounce size box or larger (cold cereal)
- ✓ 11.8 ounce size or larger (hot cereal)

DO NOT BUY:

- ✗ Organic



KELLOGG'S
Rice Krispies



KELLOGG'S
Corn Flakes



KELLOGG'S
Special K



GERNERAL MILLS
Cheerios



GENERAL MILLS
Kix



KELLOGG'S
All Bran
Complete Wheat
Flakes



KELLOGG'S
Unfrosted
Mini Wheats



KELLOGG'S
Frosted
Mini Wheats
Bite Size



MALT-O-MEAL
Oat Blenders
Honey



MALT-O-MEAL
Oat Blenders
Honey & Almonds



MALT-O-MEAL
Crispy Rice



POST
Lightly Frosted
Shredded Wheat



POST
Honey Nut
Shredded Wheat



POST
Honey Bunches
of Oats –
Vanilla Bunches,
Honey Roasted,
Almond,
Cinnamon
Bunches



QUAKER
Brown Sugar
Oatmeal Squares



QUAKER
Cinnamon
Oatmeal Squares



QUAKER
Life



POST
Grape Nuts



POST
Grape Nuts Flakes



MALT-O-MEAL
Hot Wheat Cereal



QUAKER
Instant Oatmeal,
Original Flavor



QUAKER
Instant Grits,
Original Flavor



FARINA MILLS
Hot Wheat Cereal



B&G FOODS
Cream of Wheat
Whole Grain



B&G FOODS
Cream of Wheat
Instant,
1 Minute,
2 1/2 Minute,
10 Minute

Indicates Whole Grain Food

Ways to
buy up to
36 ounces
of cereal

18 ounces
+18 ounces
36 ounces

18 oz.
Cereal

18 oz.
Cereal

24 ounces
+11.8 ounces
35.8 ounces

11.8 oz.
Hot
Cereal

24 oz.
Cereal

18 ounces
+14 ounces
32 ounces

14 oz.
Hot
Cereal

18 oz.
Cereal

Vegetables & Fruit *(Organic is OK)*

Fresh

BUY:

- ✓ Loose or pre-packaged
- ✓ Whole or cut
- ✓ Sweet potatoes and yams OK



DO NOT BUY:

- ✗ White, red-skin, or gold potatoes
- ✗ Salad bar items, party platters, fruit baskets
- ✗ Herbs, nuts, peanuts
- ✗ Salad kits with nuts, croutons, or dressing
- ✗ Fruit or vegetables with dips
- ✗ Dried fruit

Frozen

BUY:

- ✓ Plain
- ✓ Bag or box
- ✓ Low sodium OK



DO NOT BUY:

- ✗ French fries, tater tots, or other white potatoes
- ✗ WIC or other juice*
- ✗ Soup
- ✗ With potato, rice, or pasta
- ✗ With breading, butter, sauces, fat, oil, or meat
- ✗ With sugar

Canned

BUY:

- ✓ Water or juice pack only
- ✓ Metal, glass, or plastic container
- ✓ Low sodium OK



DO NOT BUY:

- ✗ WIC beans,* pork and beans, or baked beans
- ✗ WIC or other juice*
- ✗ Soup
- ✗ With added white potato, meat, fat, oil, rice, or pasta
- ✗ Sugar-sweetened or in syrup
- ✗ With artificial sweetener
- ✗ Pickled vegetables, relishes, catsup
- ✗ Cranberry sauce, pie filling

* **BUY WIC juice and WIC beans with your other WIC checks.**

Fruit Juice

BUY:

- ✓ Brands and types shown here only
- ✓ 100% juice, unsweetened
- ✓ Can, carton or bottle size shown on check
- ✓ With calcium and/or vitamin D OK

DO NOT BUY:

- ✗ Less than 120% DV vitamin C
- ✗ Glass bottles
- ✗ Organic or fresh-squeezed
- ✗ Fruit cocktail, punch, drink, blends, or light
- ✗ Shelf stable

Frozen Concentrate: For Women



ORANGE
Any Brand



GRAPEFRUIT
Any Brand



PINEAPPLE
Dole,
Old Orchard



APPLE
Best Yet,
Food Lion,
Hannaford,
My Essentials,
Old Orchard
(with green
tear strip),
Seneca



GRAPE
Best Yet,
Old Orchard,
Welch's
(with yellow
tear strip),

64 ounce Container: For Children



ORANGE, GRAPEFRUIT
Any brand



PINEAPPLE
Best Yet,
Food Lion,
Hannaford,
Shurfine



VEGETABLE
Best Yet,
Diane's Garden,
Giant,
Great Value,
Hannaford,
Harris Teeter,
V8



TOMATO
Campbell's,
Food Lion,
Giant,
Great Value,
Hannaford,
Harris Teeter,
Market Pantry,
Shursaving



APPLE
Best Yet,
Food Lion,
Giant Eagle,
Hannaford,
Market Pantry,
My Essentials,
Old Orchard,
Shop Rite,
Shurfine,
Valu Time,
Wegmans



GRAPE
Best Yet,
Food Lion,
Giant,
Giant Eagle,
Harris Teeter,
Juicy Juice,
Old Orchard,
Valu Time,
Wegmans

Whole Grain Bread & Rolls

BUY:

- ✓ 1 pound or 15 to 16 ounce package
- ✓ Any 100% Whole Wheat Bread or Rolls
Store brand if available
(must say **100% Whole Wheat** on label)
- ✓ Whole Grain Bread
(Brands and types shown here only)



Acme 100% Whole Grain Bread
Nature's Own 100% Whole Grain Wheat Sugar Free Bread
Pepperidge Farm Very Thin Whole Wheat Bread
Roman Meal Sungrain 100% Whole Wheat Bread
Schmidt Old Tyme 100% Whole Wheat Whole Grain Bread
Stern's Whole Wheat Bread

DO NOT BUY:

- ✗ Raisin or other bread with fruit or nuts
- ✗ Pita or bagel bread or English muffins
- ✗ Organic

Soft Corn & Whole Wheat Tortillas

BUY:

- ✓ 1 pound (16 ounce) package

Buena Vida Whole Grain Tortillas
Carlita Corn Tortillas or 100% Whole Wheat Tortillas
Celia's Corn Tortillas
ChiChi's White Corn or Whole Wheat Tortillas
Don Pancho White Corn or Whole Wheat Tortillas
La Burrita Yellow Corn Tortillas
La Banderita White Corn or Whole Wheat Tortillas
Mission Yellow Corn or Whole Wheat Tortillas
Ortega Whole Wheat Tortillas



DO NOT BUY:

- ✗ Fried corn tortillas, chips, tostadas, or taco shells
- ✗ White flour tortillas or with any added flavors
- ✗ Organic

Brown Rice

BUY:

- ✓ Store brand if available
- ✓ Dry, plain
- ✓ Regular, quick-cooking, or instant
- ✓ 1 pound (16 ounce) package



DO NOT BUY:

- ✗ Ready-to-serve or precooked in pouch
- ✗ Rice with added flavor, sauce, or vegetables
- ✗ Organic

 **Indicates Whole Grain Food**

Infant Foods

Infant Formula

BUY:

- ✓ Brand, type, and size shown on check

DO NOT BUY:

- ✗ Organic formula



Infant Cereal

BUY:

- ✓ Brand shown on check
- ✓ Dry, 8 or 16 ounce size box

DO NOT BUY:

- ✗ Organic or with DHA, fruit, or formula
- ✗ Jar or can



Infant Vegetables & Fruit

BUY:

- ✓ Store brand if available
- ✓ Plain vegetables or combination of vegetables (example: carrots and yams)
- ✓ Plain fruit or combination of fruits (example: apples and bananas)
- ✓ Multi-packs OK (a 2 pack = 2 containers)
- ✓ 3.5 to 4 ounce container

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With meat, yogurt, cereal, pasta, or rice
- ✗ Dinners, desserts, soups, stews, or diced



Infant Meat

BUY IF PRINTED ON CHECK:

- ✓ Store brand if available
- ✓ Plain chicken, turkey, beef, lamb, veal, or ham

DO NOT BUY:

- ✗ Organic or with DHA
- ✗ With added vegetables, fruit, rice, cereal, or pasta
- ✗ Dinners, meat sticks, stews, or soups



Remember, breastfeeding is best for you and your baby.

Soy Beverage

BUY:

- ✓ Brand and container size shown on check
- ✓ Half gallons (refrigerated):
8th Continent Original
- ✓ Quarts (shelf-stable):
Pacific Natural Foods Ultra Soy Plain,
8th Continent Soy Original



DO NOT BUY:

- ✗ Any flavors
- ✗ Light or fat-free

Tofu

BUY:

- ✓ Amount shown on check
- ✓ 12 to 16 ounce container



AZUMAYA: *Extra Firm, Firm, Silken,*
Lite Extra Firm

HOUSE: *Extra Firm, Firm,*
Medium Firm (Regular), Soft (Silken)

NASOYA: *Extra Firm, Firm, Cubed, Soft, Silken,*
Lite Firm, Lite Silken

DO NOT BUY:

- ✗ With added sodium, flavoring, fat, or oil

QUESTIONS?

*Ask your WIC staff or
call the State WIC Office
at 1-800-242-4WIC (4942)
or visit our website at
www.mdwic.org*



Martin O' Malley, Governor
Anthony G. Brown, Lt. Governor
Joshua M. Sharfstein, M.D., Secretary, DHMH

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